BODY DEVELOPMENT

Maurice A. Joyce's Fourth Article on the Subject.

PROPER BREATHING

EXERCISE BETTER THAN DRUGS FOR DEVELOPMENT OF CHEST.

Tells How to Enlarge and Strengthen the Chest and Bust-Advantage of Outdoor Exercise.

Written for The Evening Star by Maurice A. Joyce Every exercise for the biceps tells also on the pectoral muscles, or those on the front of the upper part of the chest, for the two work so intimately together that he who has large biceps is sure to have the adjoining pectoral correspondingly large. The thorax, which contains the heart and lungs, is the portion of the body needing the most attention. One cannot give too much time to it. By developing the thorax the arms will be strengthened. The best results are to be

obtained by Assuming and holding the correct sit-

ting and standing position. Removing the causes of a defective

chest. Avoiding exercises or positions that will cramp the thorax.

Strengthening the muscles of the neck and spine.

Elevating the shoulders. Regular and continued breathing exer-

Active leg work. Running. Basket ball

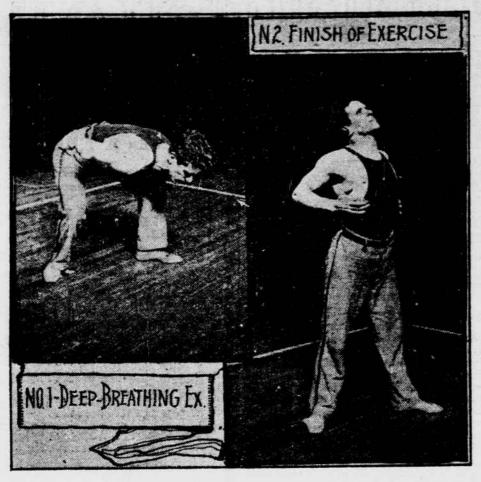
playing, &c. Instead of investing in the various drugs which are advertised to develop the chest and bust, and whose principal vir-tue lies in the massage which must be taken when they are used, I would rec-ommend as far superior the development of the large muscles on the front of the thorax, more commonly called the chest. A good bust development depends on the presence of healthy muscles on the front of the thorax. If a woman will practice persistently she will get better results from the use of the exercise than from the drugs so often recommended.

To Broaden the Chest.

Anything which causes men frequently to fill their lungs to their utmost capacity. and then hold them full, as long as possible, tends directly to open the ribs, stretch the intercostal muscles, and so expand the chest. When one opens an umbrella wide, he enlarges all its dimensions. The same thing happens when one practices proper deep breathing. It enlarges all the diameters of the chest. Whatever will increase the breathing capacity will improve the health, and the following exercises, if followed properly in the fresh air, and with the clothing loosely worn, so as to enable you to breathe deeply, comprise, I think, the best method by which to increase lung

Exercise No. 1.

Position-Stand with left foot about a natural step to the front, now place the nearly empty of the air as it is possible to



and go down as far as possible, as you go down exhale, getting out all the air passible from the lungs. Then start up, inhaling breath while walking 10 steps, then 20, etc. as you go, and letting out on side walls of the chest. Go up until you are in position as seen in figure No. 2. Hold lungs full than is generally found indoors. Take this while you count 10, then repeat six to eight medicine three times a day, either before

Second Breathing Exercise.

Position-Hands at side of thighs; back of the hands front; keep elbows stiff. First count: Inflate the lungs as you move the

arms in parallel lines. Slowly dip in front of the body to over head, at the same time reaching for the limits of your circle and raising the front and s dewalls of the chost. When you have the arms over the head as far as you can reach, the palms of the hands should be front, elbows stiff, and the inside of the arms pressing the ears.

Second count: Exhale as the arms move slowly downward to position by side of Harry J. Connor, Francis M. Cox, Charles thighs; repeat this movement six to eight times daily.

Third exercise—Position: Hands at sides of thighs; keep elbows stiff. Inflite as you slowly raise the arms overhead, go-ing up as far as you can reach; at the same time as you breathe in, raise the front and side walls of the chest. When this part of the movement is finished, the arms should be over the head, the back of the hands together and back arms tightly pressing the ears. Exhale as you slowly re-turn the arms down through side horizon tal to side of thighs. Keep elbows stiff.
All the air possible should be expelled
when this position has been reached. Repeat as before six or eight times daily.

Outdoor Breathing Exercises.

Hold head up, shoulders back and chest out; inflate the lungs slowly through the nose until they are brimful; hold until you exhale quickly until your lungs are as in a wide radius thereof.

nearly empty of the air as it is possible to According to the complainants. who are

palms of the hands on the side walls of the chest, press in and at the same time lower the body down to a crouching position, as seen in figure No. 1. Let the knees bend breaths. One of the best times for taking

or after meals.

The next article will give the proper movements for the development of the front and sides of shoulders, bleeps and triceps

The advantage of being in the open air and sunshine is that the air is fresher

MACHINERY DISTURBS THEM.

Eckington Citizens Seek Injunction

Against Structural Iron Workers. Proceedings for injunction were instituted ate yesterday in the Supreme Court of the District of Columbia by Joseph S. Potter, Walter T. Austin, George W. Morrison, F. Hermann, Thomas F. O'Neil, Henry A. Farnham, Alfred T. Thorson and Joseph C. Gray, against Samuel Ross and George C. Johnson, the object being to enjoin the operation of the structural iron works of he defendants, in Eckington.

The complainants characterize the operation of the works as "an intolerable private nuisance." speak of "the resounding crash and rattle of heavy machines" and "the heavy thunderous rumble of machinery. They claim that their homes are rendered "greatly uncomfortable to them and their families, and the peaceful and quiet enjoyment thereof completely destroyed." Con-tinuing the complaint says to the court that the structural iron works are equipped with a complete electric lighting plant "for the purpose of continuing its noisy operations throughout the night," the din of which, it is asserted, would make it "physically im-possible for persons of ordinary and normal have counted 10 without opening your lips; nerves to obtain any refreshing sleep" with-

represented by Attorney F. H. Mackey, Center Eckington was opened up as a resi-dential locality, and that the land was sold subject to the restriction that "no part of said premises should be used for manufacturing purposes." Notwithstanding this re-striction, it is charged, the defendants have

HEARING CONTINUED.

Habeas Corpus Proceedings in Behalf of Thos. J. Young.

Hearing in connection with the proceed ings for the writ of habeas corpus filed by Thomas J. Young, an old soldier, for the purpose of securing his release from the Government Hospital for the Insane, has been continued until the 21st instant,

It is understood that Young will be sent to the Home for Disabled Volunteer Soldiers at Danville, Ill., and the habeas

corpus case dropped. in the habeas corpus case of Isaac Opper heimer, alias Geiselman, formerly a regular soldier, Justice Gould late yesterday agreed with the petitioner that he has been detained at the Government Hospital for the Insane without due process of law. However. upon a showing made by Superintendent White of the hospital mentioned, Justice Gould directed that Oppenheimer be held pending the instituting by the proper authorities of proceedings to determine the mental condition of the man.

Anacostia News Notes. The junior department of the Epworth League of the Anacostia Methodist Episcopal Church has elected officers as follows for the ensuing term: Frank Isaac, president; Leo Tilghman, second vice president; Bessie Pyles, third vice president; Fannie Cator, secretary; Rachel Tilghman, treasurer. The organization has made arrangements for the holding of a picnic Wednesday next at the Zoo.

The V. A. C. Chapter, No. 508, St. Nicholas League, a children's society, held a lawn party last evening on the grounds of Aspen Villa, the home of Dr. and Mrs. George C. Havenner, on Minnesota avenue, Anacostia. The lawns were prettily decorated for the occasion, and the little ones

spent a pleasant evening. Henry Gaskins, colored, five years of age, who lives with his parents at Harrison street and Minnesota avenue, Anacostia, narrowly escaped being killed last evening through being kicked by a horse. The animal was drinking from a water trough when the child approached from the rear. The horse kicked with both hind feet, one of which struck the boy in the face, sending him spinning through a barbed wire fence. The child's jaw was fractured, and he was otherwise severely injured. After examination by a local physician he was removed to the Washington Asylum Hos-

Richard T. Marlin, twenty-four years old, living at 716 9th street southwest, was caught between two cars while coupling them at the coal dump in the Anacostia southbound freight yards yesterday. His injuries were found to be severe, and he was removed on an engine to the city, after which he was taken to Providence Hospital in the patrol wagon.

A number of inmates of the Government Hospital for the Insane, men who have been received at various times from the different veterans homes, are about to be discharged. About eight veterans will go to resume life at the homes, including Hampton and Leavenworth, Kan.

Ernest E. Jones & Co., brokers in the Rialto building, Chicago, went into re-ceiver's hands Wednesday. The firm has offices not only here, but it is said to have forty-five branches in four states. John A. Barnes is the receiver.

erected a manufacturing establishment, with a frontage of 135 feet and a general depth of 40 feet, H Tells the Story.

HIS TARIFF VIEWS

DEMOCRATIC CANDIDATE FOR VICE PRESIDENT AT HIS HOME.

Eschews Politics and Prefers to Keep Silent at Present on All Topics.

pecial Correspondence of The Evening Star. ELKINS, W. Va., July 15, 1904.

The town of Elkins, W. Va., the home

of the democratic candidate for Vice President, is likely to become much better known to the country at large than it was before the St. Louis convention met. It is located at an altitude of 2,000 feet above sea level in a mining region of central West Virginia, and is the county seat of a county (Randolph) which has an area as large as that of the state of Rhode Island. The town was founded twelve years ago at the then junction of the West Virginia Central railway, now a part of the Wabash system. It has a population of nearly 4,000, and is provided with natural gas, electric lights, good schools, a college, one of the best hospitals in the state, the latter, with other improvements, having been donated the community by former Senator Davis. Five raffroads send eighteen trains-passenger and freight-in and out of town daily, and another railroad is projected, which will bring Elkins within much easier distance of Charleston, the state's capital, than it is

There is no liquor sold in the town and he curfew rings the children off the streets at 8 o'clock p.m. every day in the week. Elkins is about 265 miles from Washing ton by rail, 113 miles from Cumberland, sixty miles from Grafton, 137 miles from Wheeling and about 193 miles from Pittsourg.

Senator Davis' residence is on a commanding elevation north of the Within one hundred yards to the east is the residence of his son-in-law, Senator Elkins, and in the other direction not far away is he summer home of Richard C. Kerens, long the republican national committee-man for the state of Missouri. These three mansions are chief features of the hand-some surroundings. They overlook the town and from either a good view can be obtained for a scope of thirty miles or nore. Rich mountain, made famous dur ing the civil war by reason of a hard-fough battle which history has recorded, is no far away. Senator Davis and Senator El kins own 600 acres of land each adjacent to their homes. Fronting and surrounding the latter's residence is a lawn space of nearly seventy acres, and Senator Davis has nearly as much. Both are fond of flowers and the walks and drives about the premises of each are lined with blooming plants. A great deal of money has been expended in adding to the attractiveness of the environments, and as much more probably will be devoted to the same ob-

Declines to Talk Palitics.

The Star correspondent called on Senator Davis this afternoon and asked him for an interview. He hesitated for a time, declaring he could only deal in generalities. He finally said:

"Of course, you will not expect me to say anything on politics. My newspaper friends in New York and elsewhere have been so kind as to solicit interviews with me, but I have uniformly declined to say anything for publication until I have conferred with Judge Parker and our friends in New York Judge Parker and our friends in New York and elsewhere. "The honor conferred upon me came un-

solicited. I was not in St. Louis when I was nominated, as I suppose you will remember, and the news which followed me was naturally a surprise." It was suggested to the senator that his acceptance of the nomination is regarded as

a certainty. To this he smilingly responded that even upon that topic he should decline to talk until officially informed of the acion of the convention Continuing, the senator said that upon the issues of today, as they are generally accepted, his position is well known.

"I was a member of the committee," he said, "which drafted the platform submit ted for adoption at St. Louis. I voted for it It recognized the gold standard as fixed The subsequent events at St. Louis are well known, having been printed in the newspapers. Of course, Judge Parker's dispatel caused some commotion at the time, bu matters were quickly adjusted, and I be ieve adjusted to the satisfaction of all the delegates.

"The tariff? Yes, I have always been a conservative tapiff man. Judge Parker and I are in accord on the gold standard issue." Senator Davis clearly indicated that on no point of his record on public affairs, so far as it applies to the present campaign. would he change that record, and that he proposes to stand upon it as vice presiden-

Senator Davis has always been a busy man, but naturally has not devoted as much attention to business interests in late years

His Work of Fifty Years. "For fifty years," he said to the corre-

spondent of The Star, "I have been identified with the interests of West Virginia and while I have been an active participant in the politics of the state, and have received political preferment at the hands of the people, I can say truthfully that I have been more solicitous for the development and upbuilding of West Virginia than I have for anything else in the world. I am interested in the matter of providing the people with educational facilities, with churches and with hospitals for the care of the sick and afflicted, and for the better-ment of society, but I do not care to discuss these matters, and I trust you will ex-cuse me for declining to talk on matters political. It would manifestly be improper." It was suggested that in view of his nomnation for the office of Vice President he will probably remain at his home here during the greater part of the campaign.
"For what reason?" he inquired.
"You will probably have to receive a great

many delegations of your party associates here," was the reply. "No. I shall make no change in my customs or habits," he responded. "I usually

spend a part of each summer at White Sulphur Springs; sometimes elsewhere. I shall probably go to White Sulphur Springs for a part of the present summer. If I do not I shall go to Bedford Springs."

Senator Davis did not care to say whom he wanted for chairman of the national committee. committee, but it is known that should Senator Gorman be prevailed upon to ac-cept the trust it will be eminently pleasing o his distinguished kinsman.

While The Star correspondent was con

While The Star correspondent was conversing with Senator Davis in his library a delegation numbering seventy-five of the representatives of the merchants and manufacturers of Pittsburg was announced. The crowd was augmented by about twenty-five of his fellow-citizens of Elkins, members of the board of trade and others, who were showing the visitors over the city. Senator Davis had been expecting the delegation which had reached Elkins on the gation, which had reached Elkins on its way through this section of the state on purely business intent. The effort of Pittsburg is to extend its trade into central West Virginia.

The members of the party were gracious-ly received, and the hospitality of the sen-ator's home was extended. While being introduced to the visitors Mrs. Arthur Lee, the senator's daughter, and his son-in-law, Senator Elkins; Senator Davis' secretary, Mr. Hendley: another son-in-law. Liquit Mr. Hendley; another son-in-law, Lieut. Commander R. M. G. Brown, U. S. N., retired, and others stood with him on the broad north porch of the mansion. Mrs. Lee assisted in the extension of courtesies, and after a brief stay—the party being some-what pressed for time, the delegation passed to the residence of Senator Elkins, a short distance away. Here the scene just enacted at the home of Senator Davis was

The Largest Exclusive Cash Furniture House in the City.

Midsummer Clearance.



Solid Oak Ice Chest, sheathed with charcoal and lined with zinc-chest that cannot be bought anywhere else for a penny less than \$2.98

We are positively astounded at the amount of business we have been doing since we started our Annual Midsummer Clearance Sale. It shows what confidence the people have in us. It also shows how irresistible the bargains are. Everything is reduced to rock bottom-not only summer goods, such as Refrigerators, Mattings, Go-Carts and Porch Goods, but all staple lines as well, for we are bound to make a complete clearance. It is undoubtedly the best opportunity of the whole year in which to buy furniture at a saving, for we have as fine a stock as can be found anywhere, and the prices could

Jackson Bros.

9 Great Cash Furniture

915 to 921 7th St. N. W.

PENNSYLVANIA RAILROAD WORLD'S FAIR

not be made lower.

NEXT COACH EXCURSION JULY 21

FROM WASHINGTON ROUND TRIP

Train leaves Sixth St. Station 10:50 A.M. Returning in conches on regular trains within ten days. Similar excursion July 28. Tickets now on sale.

J. R. WOOD, Passenger Traffic Manager. GEO, W. BOYD, General Passenger Agent.

said something about the growing town of Elkins; referred facetiously to the village of Pittsburg, and expressed his pleasure that the commercial relations of the two points were the subject of thoughtful consideration, and after describing how the waters of the mountainous district of the section surrounding the town of Elkins passed to the village of Pittsburg, where conjunction with the flow from moun tainous Pennsylvania they formed the Ohio river, one of the finest streams in the world, he said he thought it might be a good thing for Pittsburg to move to Elkins. The president of the Pittsburg associa-

tion, Mr. Lloyd, and a member of the as-sociation, Mr. Wadsworth, responded, each expressing high appreciation of the courte-sies extended, the latter referring to their hosts, Senator Davis and Senator Elkins, as "the two most eminent gentlemen in the When "called out" by the demands for a

speech Senator Elkins declared that Sena-tor Davis had left him nothing to say, and congratulated the visitors upon having in-duced the vice presidential candidate to make a speech, something which, he said, since the adjournment of the St. Louis concention, none of the newspapers could ac-complish. He referred to Senator Davis' omission of political references from his remarks, and said he was quite sure the senator would eschew political talks un-til he could receive instructions from head-quarters. This bit of pleasantry was greeted with a round of cheers for both the

Senator Davis will be in New York next week. After a conference with leaders of the party there he will go to Esopus and discuss affairs with Judge Parker.

WILL BEGIN NEXT TUESDAY. Federal Lnvestigation of the General Slocum Disaster.

It is announced by the Department of Commerce and Labor that the federal commission of investigation on the steamer General Slocum will begin its sessions July 19 in New York city, the meetings to be held in the Whitehall building, 17 Battery

The object of this inquiry being to ascertain in as thorough a manner as possible the nature and causes of the disaster by which nearly 1,000 lives were lost June 15. it is especially desired by the commission that all persons having any knowledge of its work. Such persons are therefore urged to communicate with the secretary of the commission at the place of meeting, when arrangements may be made for the attendance of such witnesses as may be deemed valuable to the progress of the work.

The commission is made up as follows: Lawrence O. Murray, assistant secretary commerce and labor, chairman. Brig. Gen. John M. Wilson, United States

rmy, retired. Commander Cameron McRae Winslow, United States navy, assistant chief bureau of navigation Herbert Knox Smith, deputy commissioner

of corporations, secretary.

George Uhler, supervising inspector general steamboat inspection service.

LIQUOR DEALERS COMPLAIN. Charges of Discrimination Filed With

Interstate Commission. A complaint has been entered with the interstate commerce commission by the National Wholesale Liquor Dealers' Asso-

ciation of America charging discrimination

in violation of the act to regulate commerce. The complaint is made against railroads operating between the Atlantic coast and the Pacific, and whisky rates are the points of the case. It is charged by the complainant that the rates on whisky are so high that it costs \$400 to ship a carload of whisky from the east to the Pacific coast,

of spirits costing \$225 to ship. The rate on whisky is \$1.25 per 100 pounds, while on alcohol, spirits and high wines it is 85 cents per 100 pounds. This condition, contend the complainants, is disastrous to the eastern manufacturer, and the commission is asked to give the matter a beautiful. hearing.

Eastern War Notes.

All the St. Petersburg papers yesterday paid warm tributes to the former president of the Transvaal, Mr. Kruger, who died in Clarens, Switzerland. The Russ says: However preoccupied with the far east, we cannot forget our sympathy for the

Makes a Speech.

At the close the entire party was photographed, and then Senator Davis was called upon for a speech. He was somewhat averse to speechmaking, but finally yielded to the vociferous demand. He extended a cordial welcome to the visitors;

Boers.

A special dispatch to the St. Petersburg from Tabriz, Persia, denies the existence of cholera there. The submarine boat Fulton, which has been at Cronstadt, is reported to be in the Neva, undergoing tests. It is not known whether she will go to the far east by rail or with the Baltic squadron.

Hatter balling when the fire began.

In the trial of Stamates Blas for using false naturalization papers indirect evidence was produced at Jamestown, N. Y. showing that unnerty of such papers had been issued from a bureau operating at Youngstown, Ohlo.

ECONOMY IS COSTLY

POLICE HANDICAPPED IN APPRE-HENDING OF CRIMINALS.

Cannot Use Franked Envelopes and

Commissioners Suggest Saving in Stamp Money.

Economy is being practiced in the police department in the matter of postage as ordered by the District Commissioners a few days ago. Because of this economy the police department is seriously handicapped in the matter of apprehending persons who have left the jurisdiction after they have been alleged to have committed some crime. When the franking privilege was enjoyed by the department it was not an unusual thing for Maj. Sylvester and Capt. Boardman to flood the country with illustrated circulars, and it was in this way that Frank Funk, the murderer, was captured and brought back here.

Because of the economical use of postage stamps since the franking privilege was stamps since the franking privilege was abolished, only a comparatively few circu-lars have been sent out for alleged violators of the law who have left here. Such was the case with Thomas M. Fields and Willard H. Myers and others. Yesterday afternoon at police headquarters Capt. Boardman had a number of men busy mailing circulars which contained the pictures of three men who are wanted here and a reward of \$50 was offered for the arrest of each man. The men named in the circular are Thomas M. Fields, Joseph Burkhard and Walter H. Lydick.

Description of Fields.

Thomas Fields, as heretofore stated in The Star, is wanted for alleged embezzlement. The information contained in the circular about him is that he is "white, forty years old, five feet nine or ten, 155 pounds, light pale complexion, light brown hair, slightly bald, gray eyes, smooth face, very neat dresser, uses tobacco and intoxicating liquors, associates with sporting fraternity. the accident shall assist the commission in | will be found in first-class hotels and sporting resorts, carries a cane, lame at times from rheumatism and may apply to a physician for treatment.

"He is a lawyer by profession, and as receiver for the Washington Endowment Association of this city (which failed), during the past five years embezzled \$16,000; was last seen here about May 15, 1994. Kindly have inquiry made at all hotels and firstclass sporting resorts."

Readers of the circular are informed that Walter H. Lydick is "thirty-three years old, five feet eight, 185 pounds, dark hair and complexion, dark gray eyes, dark mustache or may be smooth shaven, good talker, walks with swinging gait, neat appearance. "Lydick has been a canvasser for jewelry firms for the past six years and at the time of his disappearance, Sunday, October 5, 1903, was known to have a pair of solitaire diamond earrings, value \$400, and it is believed other jewelry. It is thought he will seek employment in same line of busi-ress. Lydick is a close follower of horse racing and will be found at race tracks, pool rooms or sporting resorts. Kindly have diligent inquiry made for this man and if found cause his arrest; hold any jewelry found in his possession.

Joseph Burkhard is the baker who is al-leged to have stabbed and seriously wounded Godfrey Goebel, a retired butcher, in a 7th street saloon, the eleventh of last month. Goebel has recovered from the effects of the wounds and returned to his home in Georgetown. He is thirty-eight years old, usually wears dark clothes and a soft hat. The information contained in the circular is that he drinks freely and plays the races.

Elevator Burned at Chicago.

A dispatch from Chicago last night says: while rates on high spirits are so much The Baltimore and Ohio grain elevator, lower that the whisky rectifier on the Pa-87th street and Ontario avenue, South Chicific coast can make two carloads of whisky cago, was burned today. A quantity of grain was in the building, and the loss is

> The occupants of a number of frame buildings and cottages adjoining the elevator were forced to flee from their homes in scanty attire.
>
> The fire is believed to have been caused

by an explosion of dust in the elevator.

The elevator is in the midst of railroad yards, surrounded by other elevators and railroad cars. Many freight cars were soon railroad cars. Many freight cars were soon in flames. Switch engines and crews were put to work to remove them from the fire zone. The loss of the railroad stock is about \$35,000, including the loss of fifty freight cars, some of which were laden with coal. There were about 200 cars, many of them loaded, in the yards and near the building when the fire began.

